What is claimed is:

- 1. A firearm buffer system for a firearm capable of full automatic fire; and having a cyclic rate of full automatic fire with a buffer recoil time associated with each buffer recoil cycle, comprising an elongated buffer body having an elongated hollow interior with a closed end and an open end, and cyclic rate of fire reducing means comprising two forms of cyclic rate of fire reducing means at least partially located within the elongated hollow interior of the elongated buffer body.
- 2. The firearm buffer of claim 1 wherein one form of cyclic rate of fire reducing means comprises weight means.
- 3. The firearm buffer of claim 1 wherein one form of cyclic rate of fire reducing means comprises means means for increasing the length of travel of the buffer during a recoil cycle and increasing the buffer recoil time associated with each buffer recoil cycle.
- 4. The firearm buffer of claim 2 wherein the weight means comprises a plurality of weights.
- 5. The firearm buffer of claim 4 wherein the plurality of weights are sized and shaped for reciprocal location within the elongated hollow interior of the elongated buffer body.

- 6. The firearm buffer of claim 5 further comprising means for separating at least some of the plurality of weights from each other.
- 7. The firearm buffer of claim 3 wherein the means for increasing the length of travel of the buffer during a recoil cycle comprises an elongated member.
- 8. The firearm buffer of claim 7 wherein the elongated member is reciprocally mounted in the open end of the of the elongated hollow interior of the elongated buffer body.
- 9. The firearm buffer of claim 8 wherein the elongated member comprises a plunger bumper member.
- 10. The firearm buffer of claim 9 wherein the firearm capable of full automatic fire has a gas port subject to wear and further comprising means for keeping the plunger bumper member inactive until the port gas port of the firearm becomes worn to a predetermined degree.